During the past decades, there is a magnificent increase in alcohol usage among US college students. Along with the increasing population of drinking alcohol, the sexual assaults; car accidents and similar incidents which caused by drinking alcohol have increased too. However, with all kinds of methods being put into action, slender changes have been showed on students consuming overdosed alcohol and conducting outrageous behavior afterwards. While thousands of cases that related to excessive alcohol drinking have been reported, little improvements have carried out to reduce such cases.

Multiple factors that may lead college students using excessive alcohol and conduct crazy behavior exist. These causes could come from both internal and external factors that majorly related to the background context and students’ mental activities. To find out why students may have desire to drink alcohol, several theories are listed to study the magnificent increase of students’ alcohol consumption. First of the theory predicts that the reason for students to drink alcohol comes from high pressure of college life. For instance, according to the data collecting from several universities, half of the college freshmen decide to drop out the school because of the intense study pace and high pressure. Intensive study schedule may be a major reason for students to have the intention of consuming alcohol that the high tempo of study in college might get students get overwhelming easily.
In addition, the influence of the context is rather important for students’ intention to drink alcohol too. When refer to context, it is contributed by two segments of context which are the context of the overall college environment and the context of students’ family. For example, students are more inclined to drink alcohol if the college has lower alcohol tolerance on alcohol. On the contrary, if the school has strict regulations of consuming alcohol, it would provide lower chances for students to lay their hands on alcohol. Secondly, the family context could always be considerably influential. If the family has rather strict rules for the student on alcohol consumption, the student could show adverse result upon whether to drink alcohol or refuse it in college.

Hence, should alcohol be banned among college students becomes a controversial topic. Students are mostly vote against such statements because of mostly of them hardly unaware of how much the damages that overdosed alcohol could bring to their lives and want to have fun. While having party is an age-old tradition among college students and it’s seems unfair and impossible to banned the alcohol among college students all in a sudden. However, on the other hand, such increased incidents caused by overdosed alcohol usages increase the attention of both school authority and parents. Therefore, multiple reasons and examples are listed below to show why the school should or, at least, put their best effort from students getting hurt from consuming excessive alcohol.

High pressure exists in mostly of the college students that the fast pace of the school life and the periodic exams could give students the finest reason of having alcohol. However, in the article written by Samulios(2016), it uses massive data to prove that having alcohol while experiencing high stress from academic work could only lead to worse situations. From the research paper, it indicates that consuming overdosed alcohol could affect students’ class
performance and engagement and affect the performance during exams. According to professor Samulios, students of choosing alcohol as a release of intensive stress is a lack of function of brain intelligence. During the period of suffering from large amount of stress, the brain of human body is appeared to have lower intolerance of things such like alcohol and junk food or even violence. The releasing feeling of having such junk drink or food could temporarily release the intense nerve that students have. However, drinking alcohol wouldn’t improve any substantial facts but lead students to a worse academic performance in long run. Therefore, drinking alcohol to release stress could be seen as turning back towards the problems but not solving it.

Besides the stress, the living environments and the influence by the students’ family could contribute another major reason that lead students to drink alcohol. According to professor Fuertes and professor Hoffman (2016) ‘s experiment conducted in two campuses. One of which is famous of its alcohol culture that students and school have relatively high tolerance of drinking alcohol is referred as “red” while another school which brought to the comparison has strict regulations of alcohol usage among students and is referred as “blue”. During the experiments, same group of students have been placed in both the of the schools for one month. The results of experiment indicate that students show a higher inclination of drinking alcohol while being placed in “red” school while totally changed their drinking habits after transfer to “blue” school. Thus, the impact of context on students’ drinking alcohol shouldn’t be neglected and such phenomenon is called the “broken window theory”. College students have appeared showing less self-regulate on themselves and their emotion signals are easily triggered by certain influential environment. Therefore, the school should pay attention on their regulation towards alcohol to prevent students from being affected.
With the unstable emotion, the reason meditating students’ behavior could always find traces from the students’ family. According to the Messler, Lee and Emery (2016), how the students would respond to drinking alcohol is largely influenced by their family. In the article, Messeler talks about how important the monitoring is needed for college students from their parents. For instance, students who are not allowed having alcohol and have strict regulations on alcohol usage at home are more inclined to drink alcohol or even having overwhelming reaction after alcohol usage. However, students who are not so regulated by their parents show little interest in consuming alcohol since mostly of them may have the chance drinking before. Thus, for students who finally walk away from their parents’ strict roles at home have higher chances to take overdosed alcohol and it is parents’ responsibility to keep eyes on their children even after their children went to colleges.

In conclusion, considering all the damages and bad influence that alcohol could bring to the college students. It’s wise for the school and parents to have stricter regulations on students’ alcohol usages. After all, the strict regulations help to monitoring students from acting irresponsible behaviors after using excessive alcohol and keep them safe from the damages that alcohol could bring to them.

